

*Traditional Okinawan Shorin-Ryu
Karate*

Classes are held at
Pioneer Middle School
located at:
1750 Bob's Hollow Lane,
Dupont, WA

**Tuesdays & Thursdays
6:00 - 8:00 pm.**

Children and Adults

For registration information, please call
City of Dupont,
Parks and Recreation
(253) 912-5245



For class questions, please contact:
Sensei Skip Ettinger
253-209-5287
e-mail: ettersk@aol.com

Seibukan Karate Academy



Seibukan Karate Academy



Kyoshi Skip Ettinger
8th Degree Black-belt
253-209-5287
ettersk@aol.com

Seibukan Karate Academy

About the Instructor:

Skip Ettinger began his martial arts career while stationed in Okinawa in 1963 with the U.S. Army 1st Special Forces Group. He studied karate for three years. In 1966, he was assigned to Vietnam where he served five consecutive tours. There he was highly decorated.

He returned to Okinawa in 1972 to continue his study of Karate. He met and began training under Sensei Zenpo Shimabukuro of the Seibukan Shorin-Ryu Dojo as an *uchideshi* (live-in student) at the Jaguru Dojo. In 1977, he moved back to the states and began teaching Shorin-Ryu. He is well known for his superior ability in kata. This has been demonstrated by his winning many competitions including the placing in the top three winners at the U.S. Open International Karate Championships in 1978, 1979, 1980 and 1981. He also placed second in the Top Ten Nationals. He won state championships in North Carolina, Georgia, Florida, Colorado, and Washington.

Sensei Ettinger has produced many state, national and international champions.

Shorin-Ryu and Seibukan Karate:

Shorin-Ryu and especially Seibukan Karate is a style that originated in Okinawa, Japan. It does many movements from a 90 degree stance and emphasizes the learning of correct precise movements through the repetition of katas or forms. Aggressiveness and the ability to block and instantaneously counter-attack are also basic principles of our style. Hands and feet are both used for fighting on a 50% hands to 50% feet basis.

Shorin-Ryu is neither a “soft” nor a “hard” style. It is powerful and precise; but at the same time, speed and agility are common of its characteristics. Although Shorin-Ryu is not the easiest of the karate styles, it is undoubtedly one of the most powerful and at the same time graceful of the karate styles. There is very little change in our style through the centuries. We are proud and privileged to say that we are learning and teaching the Shorin-Ryu style practically the same way the old Okinawan Karate Masters learned and taught throughout the centuries.

Registration Information:

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

X _____

Participant's Signature (or guardian if a minor)

Waiver: In consideration of my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, and waive, release and forever discharge any and all rights and claims which I may hereafter have against the sponsors and officials of the fitness activity described in this entry form or their respective officers, agents, representatives, successors, and/or assigns, while traveling to and from or participating in this event. Further, I hereby grant permission to any and all of the foregoing to take any photographs, video tapes, recordings or any other record of this event for use for any legitimate purpose.

Mail \$50 registration fee Payable to:

The City of Dupont

Attn: Parks and Recreation

1700 Civic Drive

DuPont, WA 98327



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Karate***

**Tuesdays & Thursdays 6PM-8PM
Ages 6 thru Adult
Sensei: Skip Ettinger**

**Classes are held at Pioneer Middle School located at:
1750 Bob's Hollow Lane, DuPont, WA**

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For class questions call Skip Ettinger at (253) 209-5287 or
e-mail Skip at ettingersk@aol.com**

COST: \$50 per student per calendar month

_____PLEASE DETACH HERE_____

Karate \$50 (Must be mailed or paid at City Hall)

Name_____

Address_____

City/State/Zip _____

Phone_____E-mail_____

X_____

Participants' Signature (or guardian if a minor)

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DuPont, WA 98327